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ABSTRACT

The Family and Life Education program at Aims Community College (ACC) in Colorado began in 1967 as prenatal classes taught by volunteer instructors who were registered nurses with backgrounds in maternal-child health. Currently, the program, which is co-sponsored by ACC and North Colorado Medical Center, involves a program coordinator, three staff coordinators, and over 50 part-time instructors. While ACC provides salaries for the coordinators and instructors, instructional materials and audiovisual aids, full-time secretarial support, and advertising services, the Medical Center provides office space for the coordinators, classrooms for prenatal education, and part-time secretarial and administrative support. Classes are set up on a quarterly basis for one to three credit hours with an average of 16 participants per class. Three programs are offered: (1) Expectant Families, which includes classes in childbirth and pregnancy preparation taught by registered nurses or practitioners certified by the American Society of Psychoprophylaxis in Obstetrics; (2) Active Families, which includes classes in self-esteem, child abuse, remarriage, creative parenting, suicide, single parenting, and foster parenthood taught by educators, psychologists, social workers, and registered nurses; and (3) Senior Education Program, which includes classes in exercise, health awareness, hearing loss, Medicare, and nutrition taught by instructors with degrees in nursing, nutrition, physical education, gerontology, and education. Promotional materials on the Expectant Families and Active Families programs are included. (LAL)

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THE FAMILY & LIFE EDUCATION PROGRAM

Mellie R. Brand

IC 870 163

Co-sponsored by

Aims Community College
and
North Colorado Medical Center
Greeley, Colorado

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THE FAMILY & LIFE EDUCATION PROGRAM
co-sponsored by
AIMS COMMUNITY COLLEGE
NORTH COLORADO MEDICAL CENTER
Greeley, Colorado

HISTORY

The goal of Aims Community College, established in 1967, is to provide community services and continuing education offerings for adults of all ages. It is designed to provide high quality instruction and support programs appropriate to all persons who become students at Aims Community College.

The Family & Life Education Program began in 1967 as prenatal classes taught by volunteer instructors who were registered nurses with backgrounds in maternal-child health. Physicians referred the original women to the classes. As the program grew, additional instructors were added. In 1971, the program became part of the Behavioral & Social Sciences Division of Aims Community College.

In 1972, the program became co-sponsored by Aims and North Colorado Medical Center (then Weld County General Hospital). The hospital provided classroom space and the use of part-time secretarial help.

Classes in Parent Education began in 1973, and health classes for the older adults were added in 1978.

At present, the program is composed of a program coordinator, three staff coordinators and over fifty part-time instructors.

FUNDING

Aims Community College is funded by local taxes and from state reimbursements based on the number of students registered. For this program, Aims provides salaries for the coordinators and instructors, instructional materials and audio visual aids, full-time secretarial support and advertising services. In 1974, the Aims Governing Board established a policy that provides free tuition for credit classes to persons age 60 and above.

At this time, North Colorado Medical Center provides office space for coordinators, classrooms for prenatal education, part-time secretarial and administrative support.

CLASS STRUCTURE

Classes are set up on a quarterly basis for 1 - 3 credit hours (10 - 30 contact hours) with an average of 16 participants per class. The Admissions Office at Aims sends a registrar on the first class meeting date to register students. Grading is usually based on satisfactory-unsatisfactory or students have an option for A, B, C grading.

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ADVISORY BOARD

The role of the board is to help give direction and support to the program and to provide inter-agency communication regarding the Family & Life Education Program. Representatives from Aims, North Colorado Medical Center, Public Health, Social Services, Mental Health and the local school district serve on the Board. Three meetings a year are scheduled.

TEACHER QUALIFICATION

Expectant Families--all instructors in this part of the program are required to be registered nurses or certified by the American Society of Psychoprophylaxis in Obstetrics.

Active Families--instructors in this area are educators, psychologists, social workers, and registered nurses. A master's degree is preferred.

Senior Education Program--these instructors have degrees in nursing, nutrition, physical education, gerontology and education.

COOPERATING AGENCIES

Sunrise Health Clinic
Weld County Department of Public Health
Weld County Department of Human Resources
-Senior Nutrition Program
-Senior Aide Coordinators
Weld County Mental Health Department
Weld County Department of Social Services
Weld Interfaith Association
Patient-Advocacy Team
A Woman's Place (battered women's shelter)
Weld County School District #6
Headstart
Child Abuse Intervention, Inc.
Local preschools and child care agencies
Greeley Senior Activity Center

PUBLICITY

Greeley Tribune--Quarterly Schedule of Classes
Articles on Class Offerings
Brochures for Active Families--former participants, interested agencies and professionals
Brochures for Senior Education--former participants, interested agencies and professionals
Brochures for Expectant Families--physician offices

CURRICULUM OUTLINES

Available upon request from:

The Family & Life Education Program
Behavioral & Social Science Division
Aims Community College
P. O. Box 69
Greeley, Colorado 80632
phone: (303) 339-2214

FAMILY & LIFE EDUCATION PROGRAM

GOAL:

The goal of the Family and Life Education Program is to help build stable individuals and family solidarity. It will be accomplished through group discussion techniques, and sharing information and feelings. The emphasis will be in the area of primary prevention and referral to other community resources as indicated.

EDUCATIONAL OBJECTIVES:

1. To facilitate continuous maturing of the individual.
2. To help the individual develop his ability to engage in self directed inquiry.
3. To help the expectant parent have a more positive, healthy rewarding childbirth experience through preparation.
4. To prepare mothers and fathers to become more effective parents.
5. To facilitate health maintenance behavior for older adults.

OPERATIONAL OBJECTIVES:

1. To provide groups for expectant parents to:

   a. Increase their knowledge (reduce fears) and understanding of pregnancy, the birth process and the post partum period.
   b. To practice the use of relaxation technique particularly during labor and birth process.
   c. Promote active participation by a couple during labor and delivery.

2. To provide groups for parents to:

   a. Help parents better understand themselves and their child.
   b. Learn more productive behavior patterns.
   c. Improve interaction within family relationships by learning more productive behavior patterns.
   d. Increase their ability to cope with family situations.
   e. Provide child growth and development information and to increase the awareness of parent opportunities and responsibilities.
   f. Promote the positive aspects of the inter-related areas of physical and mental health.

3. To provide education programs for the older adult.

   a. Increase personal awareness of individual health maintenance.
   b. To provide information on health, nutrition and exercise to aging individuals.
   c. To acquaint people of all ages with the process of aging and the place of retirement in this society.
   d. Provide learning opportunities for older adults through community outreach.

Family & Life Education
1985-86

	Class	Cr.	# of Classes	# of Participants	FTE
Expectant Families					
	Prep. Childbirth	2	45	763	33.92
	Refresher	1	12	258	5.73
	Preg. Prepare	1	4	48	1.07
	Exercise	1	12	205	4.23
	Childbirth Education	2	3	45	2.00
	Childbirth Education	1	2	24	.53
	Now I'm A Parent	1	2	25	.55
			80	1368	48.03
Hospital Classes			59	761	
			139	2129	
Active Families					
	Self-Esteem	1	4	83	1.84
	How To Talk	1	5	82	1.82
	Child Abuse	1	2	37	.82
	Wife,Mother,Me	1	1	11	.24
	Par/Remarriage I	1	1	13	.29
	Par/Remarriage II	1	1	13	.29
	Child Protection	1	1	12	.27
	Toddler	1	1	12	.27
	Creative Parent I	2,1,.5	4	44	1.38
	Creative Parent II	2	2	26	1.15
	Creative Parent III	2	2	25	1.11
	Problem Solving	.5	1	9	.10
	Foster/Adoptive	2	1	19	.84
	S.T.E.P.	1	1	7	.16
	S.T.E.P.	1	2	30	.67
	Active Parenting	1	2	17	.37
	Parent Burnout	1	1	6	.13
	Suicide	1	1	18	.40
	Suicide/Teachers	1	1	23	.51
	Women's Self Esteem	1	1	29	.64
	Work & Family	1	1	7	.16
	Single Parenting	1	1	10	.22
	Motivation	1	1	27	.57
	Grief	1	2	20	.44
	Professional Skills	3	1	123	8.20
			41	703	22.89

Class	Cr.	# of Classes	# of Participants	FTE
Seniors				
Shape Up	1	30	907	20.14
Ad. Shape Up	1	14	519	11.52
Moving Together	1	30	588	13.06
Super Shape Up	1	3	50	1.09
Hearing Loss	.5	4	75	.84
Health Awareness I	1	7	144	3.19
Health Aware II	1	1	25	.56
Medicare	.5	2	44	.46
Self Esteem I & II	1	2	42	.93
Health/Ex.	1	1	18	.40
Nutrition/Fitness	1	1	22	.49
		95	2434	52.68
TOTAL		275	5266	123.60

Non Credit Classes at North Colorado Medical Center

Amazing Infant	20	354
We're Having a Baby	18	191
Prep CB for Teens	3	78
Siblings at Birth	9	50
Individual Instruction	1	2
Early Pregnancy	1	6
Breast-Feeding	3	35
Womens Health Issues	4	45
	59	761

Family & Life Education
Annual Report
1985-86

Aims Community College is now the largest community college in the state of Colorado. During 1985-86, the Family & Life Education Department contributed to the growth of the College by enrolling 5200 participants in 271 classes that produced 123.60 FTE.

The Director, Mellie Brand, Coordinators, Kitty Stevens and Sally Eastwood, and Instructors were very involved in professional activities that gave Family & Life Education local, state and national recognition. In September 1985, the Director presented a research paper, "Self-Esteem-The Challenge of Mature Age" at the Colorado Gerontological Society in Denver. This paper was also selected for presentation at Pepperdine University in Los Angeles in April. In May, Mellie Brand and two Greeley colleagues shared their research in a workshop, "Journey of Discovery-Self-Esteem Through The Life Cycle" at the Building Family Strengths Symposium at the University of Nebraska.

Research for this paper led to the development of a curriculum plan that the Director used to teach a new class on self-esteem for seniors. Approximately seventy-five seniors have participated at this time.

As a result of being listed in the Aims Speaker's Bureau, the Director spoke to several community groups including the Girl Scouts, W.I.S.H. Support Group, North Colorado Medical Center Nursing Department, Eldergarden and for two church groups.

In addition, the Director became a member of the Weld County Commissioners Area Agency on Aging Board and participated in the Weld County Symposium on Health and Human Services sponsored by United Way in March. Community services for older adults, including the Aims senior classes were presented.

Mellie Brand's article, "The Family and Life Education Program: Educational Experiences Through the Life Cycle" will be published in Family & Community Health Issue 9:4.

Networking with community agencies continues to provide a structure for offering Family & Life Education classes to agency clients. Classes were held at Head Start, Parent-Child Learning Center, Child Abuse Resource and Education, Sunrise Community Health Center, Weld Mental Health, and Weld County Health Department. Several other agencies, including the Island Grove Treatment Center have inquired about setting up Family & Life Education classes for clients in the near future. Networking is an important component of the meetings of the Family & Life Education Advisory Board when local agency representatives, physicians, Aims and North Colorado Medical Center personnel meet to share ideas and to offer suggestions for new classes.

In 1983 Family & Life was listed in a book, Fatherhood, USA - The First National Guide to Programs, Services and Resources For and About Fathers by Debra Klinman and Rhiana Kohl from the Bank Street College of Education in New York. We have received serveral inquiries about classes that involve

fathers. Recently David Laskin from Parents Magazine called to ask for names of fathers in the program whom he could interview for his new book on fathers. In addition, a representative of a Japanese television station called from New York requesting to videotape one of the Amazing Infant Series classes. The publication of Bill Cosby's new book on fathers may have stimulated interest in programs and classes that involve fathers.

The Family Resource Coalition in Chicago is producing a video tape that will feature Family & Life Education and other family resource programs throughout the United States. The video will highlight the changes in the American family and show how family resource programs have developed to meet these needs.

The Director was fortunate to be a part of the Women In Management Program sponsored by the Career Resource Center at Aims. Many valuable and informative workshops were available to the participants.

The Amazing Infant Series has more than doubled in the number of participants in the last year. Approximately 390 people enrolled in the hospital-based class. A series of six classes was offered each quarter.

In other non-credit classes at North Colorado Medical Center, 461 people were enrolled. Prepared Childbirth Classes for Teens were offered to 78 teens and their coaches. A grant from the March of Dimes was awarded to Family & Life Education to cover the costs.

The Expectant Families Program received good coverage in the Greeley Tribune with a series of articles about one of the childbirth educators. Linda McSwain, who was expecting a baby in September, was featured in these articles and was followed throughout her pregnancy. The Exercise for Pregnancy class at the Conditioning Spa was featured.

The Women's Health Issues Series was co-sponsored by Family & Life Education and the Department of Education at North Colorado Medical Center for the second year. Forty-five community members and R.N.'s attended classes on Infertility, Cosmetic Surgery, and Sexuality.

Kitty Stevens, Coordinator of Expectant Families Program and the Media Department at Aims created a new videotape that will be used as a promotional tool for the prenatal classes. The tape includes "testimonials" by class participants who spoke of the value of the learning experiences and of the support gained from the classes. It has been used at physician offices and health fairs to market the program. The response has been positive.

A retreat for the childbirth educators was held at the Y Camp in Estes Park in January. Ideas and suggestions were made on the content and format of a textbook that will be written by the childbirth educators for use in the classes. Committees were formed to write the different chapters of the book. At present, the book is near completion. The Aims reprographics department will print the book.

A slideshow for siblings, created by Kitty Stevens, Tracy Hergert and the Aims Media Department, is being marketed through hospital programs for children. Five sets of the slides have been sold.

Fewer expectant families enrolled in the two credit Prepared Childbirth classes (for first pregnancies) during 1985-86. Time and cost factors appear to have influenced this shift in enrollment and FTE. Additional Refresher classes were added to the schedule each quarter. Exercise for Pregnancy and Postpartum continues to be a popular class, especially since the addition of the water exercises at the Conditioning Spa.

Sally Eastwood, Coordinator of Active Families attended the Building Family Strengths Conference at Lincoln, Nebraska in May. The conference stimulated many new ideas for classes.

A dramatic increase in enrollment in the Active Families part of the program took place in 1985-86. Full time equivalents increased by approximately 10 FTE for a total of 22.89 as a result of the registration of 172 new participants.

Seminars and workshops for professionals, especially for teachers, have been the area of greatest interest. In June, a new seminar, "Professional Skills for Teachers" was offered to a large audience. The success of this seminar was due to the excellent timing, the talented instructors, and the pleasant facilities at Aims. Dr. George Conger welcomed the 123 participants to the college. Many favorable comments were noted about the friendly atmosphere on the Aims Campus. A second section of the class was offered during Summer Quarter, 1986.

Other professional education classes that were created included, "Child Abuse, Neglect, and Protection", "Suicide: Awareness and Intervention for Teachers", "Grief and Loss", "Women's Self-Esteem" and "Motivating Kids". Since Family and Life has provided more offerings for teachers, these classes have been listed with the EDU prefix to help the participants to receive credit for re-certification. These education classes will be administered by the Director of Family & Life.

Each quarter 2500 brochures and professional education fliers were distributed to prospective students. The creation of an up-to-date mailing list and other marketing activities have increased awareness and participation in this part of the program. The Coordinator has given many presentations at community agencies and groups, and has participated in school and health fairs to promote these classes.

Family and Life senior classes continue to grow and expand into new areas of the county. An increase of 13.36 FTE indicates the wide variety and interest in these classes. A more comprehensive description of these classes is included in the Senior Education Annual Report.

The Family & Life Education Director enjoyed teaching two classes for seniors per quarter during 1985-86, "Self-Esteem I & II" and "Nutrition and Fitness" were offered at the Greeley Senior Center.

The increased awareness and interest in this community-based program could not have been accomplished without the excellent support from other departments at Aims, such as the Media Services and the Public Information Office.

Continued growth and development of Family and Life Education is anticipated in 1986-87 because of the outstanding people who create and promote this program.

Submitted by

Mellie R. Brand

Mellie R. Brand, Director

1985-86 CLASS SCHEDULE

Family & Life Education
co-sponsored by
Aims Community College
and
North Colorado Medical Center
Greeley, Colorado

Dear Expectant Parents,

Congratulations on the anticipated birth of your child. We extend our sincere wish that your childbirth experience will be joyous for you and your family.

Pregnancy is a special and exciting time in your life. You probably have many questions about changes that occur during pregnancy, what you can do to prepare for the birth of your baby, and how to adjust to the new member in your family.

The **EXPECTANT FAMILIES PROGRAM** offers a variety of classes to help meet your needs. Attending classes gives you the opportunity to have questions answered, share experiences with other expectant parents and discuss choices allowing active participation in your baby's birth.

We encourage you to attend classes as a couple or with a support person. If this is not possible, feel free to attend by yourself. **Please pre-register early in your pregnancy** to guarantee the classes of your choice.

Fees are waived for those who qualify.

We look forward to meeting you in class.

Sincerely,
Expectant Families Instructors

Kitty Stevens, Coordinator

PREGNANCY-A TIME TO PREPARE

Understand the many physical and emotional changes of pregnancy and learn useful comfort measures.

Topics include:

1. basics of good prenatal care, exercises, fetal development
2. nutrition, smoking, drugs, alcohol, dental health
3. emotional and physical changes of pregnancy parent-infant bonding
4. baby clothing and equipment, car safety, looking forward to childbirth

Class meets from 7:00-9:30 p.m. once a week for four weeks at North Colorado Medical Center. Take as early in pregnancy as possible. A new class starts every other month.

Fee: $14.00/person

Pre-registration required. Mail in card or call Aims Community College, 339-2214.

EXERCISE FOR PREGNANCY & POSTPARTUM

Prepare physically for your baby's birth and get back into shape after your baby is born. Participate in stretching, body conditioning and aerobic exercise for pregnant women and new mothers.

Class meets Tuesdays and Thursdays from 9:30-10:30 a.m. or 5:30-6:30 p.m. for ten weeks at North Colorado Medical Center. Begin anytime.

Fee: $14.00/person

To enroll mail in card or call Aims Community College, 339-2214.

PREPARED CHILDBIRTH

This 8 week class gives you the opportunity to take an active role in the birth of your baby. Class includes factual information about pregnancy, the labor and delivery process and basic newborn characteristics as well as discussions about the emotional changes of pregnancy, choices for childbirth and family lifestyle changes. Expectant mothers and coaches will learn and practice Lamaze breathing and relaxation techniques to help increase your comfort level during labor and delivery. Our classes average 16-18 people so you will have an opportunity to share similar experiences and form new friendships.

We are committed to helping you achieve:

- a healthy baby
- a positive birth experience
- a nurturing family unit

Class meets from 7:00 - 9:30 p.m. once a week for 8 weeks at North Colorado Medical Center. Classes should be started during the seventh month of pregnancy.

Weekend class also offered.

Fee: $28.00/person

Please mail in your pre-registration card early as classes fill quickly.

For more information call Aims Community College, 339-2214.

Fees are waived for those who qualify.

CHILDBIRTH REFRESHER

If you have taken a childbirth class previously but would like to review your Lamaze breathing and relaxation skills, this class is for you. Labor and delivery information, choices for childbirth and an update of hospital policies and procedures will be briefly reviewed and discussed.

Class meets from 7:00-9:00 p.m. once a week for five weeks at North Colorado Medical Center. Classes should be started during the seventh or eighth month of pregnancy. Weekend classes also offered.

Fee: $14.00/person

Please mail in your pre-registration card early as classes fill quickly. For more information call Aims Community College, 339-2214.

Fees are waived for those who qualify

PREPARED CHILDBIRTH FOR TEENAGERS

A special class for expectant teenage parents. Class will focus on maintaining health during pregnancy and preparation for labor and delivery as well as group support.

Content includes: fetal development, discomforts of pregnancy and comfort measures, nutrition, preparation for labor and delivery, anesthesia, Cesarean birth, and basic baby care.

Learn and practice relaxation and Lamaze breathing techniques to help you through labor and delivery.

Class meets from 7:00-9:00 p.m. once a week for six weeks at North Colorado Medical Center. Class offered once a quarter. We encourage you to bring a coach or support person to class with you. Call for dates.

NO FEE—Classes supported by a grant from March of Dimes.

To pre-register or for more information, call North Colorado Medical Center, 350-6211.

OUTREACH CLASSES

In addition to the classes taught at North Colorado Medical Center, a variety of classes are taught at other locations. Some locations teach classes in both Spanish and English. For more information about classes available please call the following locations:

Aims Community College - South Campus
260 College Avenue, Ft. Lupton
352-4664 or 857-4022

Weld County Health Department
1516 Hospital Road, Greeley
353-0540

Sunrise Community Health Center
1028 5th Ave., Greeley
353-9403

Fees are waived for those who qualify

CHILDBIRTH AFTER CESAREAN

Vaginal birth after a Cesarean delivery is now a choice for many pregnant women. This one night class will give you the factual information you need to help you, along with your physician, make the decision.

Class includes discussion of previous birth experiences, risks and benefits of vaginal birth after Cesarean and hospital routines and choices. Class may be taken if already pregnant or thinking about another pregnancy.

Class meets from 7:00-10:00 p.m., the second Thursday, every other month at North Colorado Medical Center.

Fee: $6.00/person

Pre-registration required. Call North Colorado Medical Center, 350-6211.

MATERNITY OPEN HOUSE

We invite you to participate in a tour of the Labor and Delivery, Nursery, and Postpartum areas of the hospital.

A childbirth film will be shown. A Cesarean film is available for those wishing to see it.

Questions and discussion are welcome.

Open house is the third Sunday of every month from 2:00-4:00 p.m., Union Colony Room at North Colorado Medical Center.

NO FEE.

Pre-registration not required. Call North Colorado Medical Center, 350-6211, for more information.

YOUR AMAZING INFANT

Parenting, one of the most demanding vocations, is sometimes approached on a hit-or-miss basis. To help new parents develop skills for parenthood, this class will provide basic information for learning to care for the physical and emotional needs of your baby.

Participants may enroll in the class that includes all six topics for $14/per person, or register for individual topics for $3/person, $5/couple. Please call 350-6211 to register.

Winter Classes

January 9 ..... Basic Baby Care
January 23 ..... Infant Safety and Resuscitation
February 13 ..... Infant Feeding - Diet for the First Year
February 27 ..... Common Illnesses - When to Call the Doctor
March 13 ..... The Art of Parenting - New Parent Concerns
March 27 ..... Infant Massage

Spring Classes

April 10 ..... Basic Baby Care
April 24 ..... Infant Safety and Resuscitation
May 8 ..... Infant Feeding - Diet for the First Year
May 22 ..... Common Illnesses - When to Call the Doctor
June 12 ..... The Art of Parenting - New Parent Concerns
June 26 ..... Infant Massage

Summer Classes

July 10 ..... Basic Baby Care
August 14 ..... Infant Safety and Resuscitation

WE'RE HAVING A BABY

Help prepare your child for a new brother or sister. Tour the hospital. Share and learn what a new baby is like.

Parents should plan to attend with their child. Children ages two - twelve are invited to attend.

Class meets at North Colorado Medical Center. Two, three & four year olds come the second Saturday of every month, 9:30-10:30 a.m. Five and older come the third Saturday, every other month, 10:45-11:45 a.m.

Bring your child during the last two months of your pregnancy.

FEE: $2.00/family.

Pre-registration required. Space is limited. Mail in card or call North Colorado Medical Center, 350-6211.

SIBLINGS AT BIRTH-RESOURCE

Prepare your child to participate in the birth of the family's new baby. Children will learn about fetal development, the process of birth and how they can participate, hospital policies and what new babies look like.

Preparation will consist of two, 1 hour sessions arranged on an individual basis through the Department of Education at North Colorado Medical Center. Preparation must be completed at least one month before your due date.

Fee: $25.00/family

For more information or to arrange, call North Colorado Medical Center, 350-6211.

EXPECTANT FAMILIES INSTRUCTORS

Kitty Stevens, R.N., Coordinator
Kathy Aderhold, R.N.
Jennifer Allen, R.N.
Maureen Behrmann, R.N.
Elena Buckley — Ft. Lupton
Lynne Donahue, R.P.T.
Jan Ferguson, R.N.
Beth Finn, R.N.
Tracy Hergert, R.N.
Kris Howard, R.N.
Jean Huffman, R.N.
Susan Labonde, R.N., M.A.
Martha Lapp, R.N. - Weld County Health Dept.
Kathy Ley, R.N., M.A.
Joanna Martinson, R.N.
Kathy Matray, R.N. - Weld County Health Dept
Linda McSwain, R.N.
Mary Anne Nickle, M.A., A.C.C.E
Joan Peterson, R.N.
Dorothy Rodman, R.N. - Sunrise Community Health Center
Jan Rogstad, R.N. - Weld County Health Dept.
Glenda Schneider, R.N. - Weld County Health Dept.
Vera Schum, R.N., A.C.C.E.
Carol Shropshire, R.N., M.A., A.C.C.E.
Georgina Spalding, R.N.
Louise Tancrell-Dart, R.N.
Kristie VandeKamp, R.N. - Sunrise Community Health Center
Marcia Vandriel, R.N.
Mary Weiss-Fout, R.N. - Ft. Lupton

FINANCIAL AID:

Fees are waived for those who qualify.

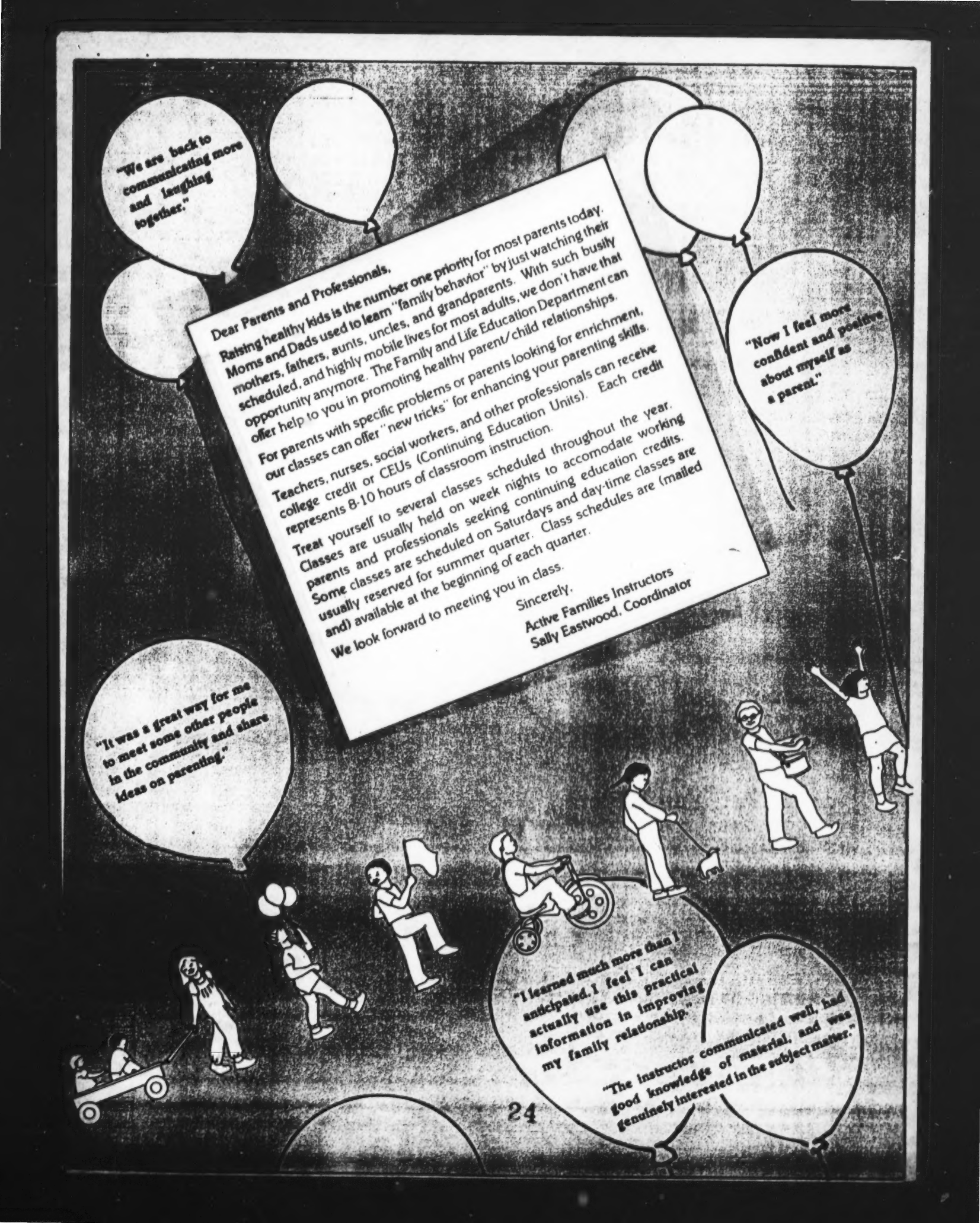
QUESTIONS, PROBLEMS OR INFORMATION:

Contact the Behavorial and Social Science Division, Aims Community College, 339-2214.

TIME TABLE FOR TAKING CLASSES

1st trimester	2nd trimester	3rd trimester
Pregnancy-A Time to Prepare	Pregnancy-A Time to Prepare	Prepared Childbirth
Exercise for Pregnancy and Postpartum	Exercise for Pregnancy and Postpartum	Exercise for Pregnancy and Postpartum
Outreach Classes	Outreach Classes	Outreach Classes
	Your Amazing Infant	Your Amazing Infant
	Childbirth after Cesarean	Refresher
		Prepared Childbirth for Teenagers
		We're Having a Baby
		Siblings at Birth-Resource

Pre-register for classes early in pregnancy—space limited.


"We are back to communicating more and laughing together."
Dear Parents and Professionals,
Raising healthy kids is the number one priority for most parents today. Moms and Dads used to learn "family behavior" by just watching their mothers, fathers, aunts, uncles, and grandparents. With such busily scheduled, and highly mobile lives for most adults, we don't have that opportunity anymore. The Family and Life Education Department can offer help to you in promoting healthy parent/child relationships.
For parents with specific problems or parents looking for enrichment, our classes can offer "new tricks" for enhancing your parenting skills.
Teachers, nurses, social workers, and other professionals can receive college credit or CEUs (Continuing Education Units). Each credit represents 8-10 hours of classroom instruction.
Treat yourself to several classes scheduled throughout the year. Classes are usually held on week nights to accomodate working parents and professionals seeking continuing education credits. Some classes are scheduled on Saturdays and day-time classes are usually reserved for summer quarter. Class schedules are (mailed and) available at the beginning of each quarter.
We look forward to meeting you in class.
Sincerely,
Active Families Instructors
Sally Eastwood, Coordinator
"Now I feel more confident and positive about myself as a parent."
"It was a great way for me to meet some other people in the community and share ideas on parenting."
"I learned much more than I anticipated. I feel I can actually use this practical information in improving my family relationship."
"The instructor communicated well, had good knowledge of material, and was genuinely interested in the subject matter."

COPING WITH YOUR ACTIVE TODDLER (ages 18 months - 3 years)

Acquaints parents with normal characteristics of the toddler. Promotes understanding with their concerns about parenthood. Explores problem areas of the toddler's development and presents techniques for social and emotional growth.

Topics:

- What to expect
- Personality differences
- Toddler play and appropriate toys
- Sharing--"Mine!"
- Food ideas
- Toilet training
- Discipline tools
- Parents under stress

HOW TO TALK SO KIDS WILL LISTEN AND LISTEN SO KIDS WILL TALK (ages 3 - 12)

Provides knowledge of basic development of the school-age child and assists parents and children in communicating feelings.

Topics:

- What to expect from 3-12 year-olds
- How do we learn to "behave?"
- Talking so kids will listen
- Listening so kids will talk
- Building self-confidence

HOW TO TALK SO KIDS WILL LISTEN AND LISTEN SO KIDS WILL TALK — II (ages 3 - 12)

Reviews main concepts from part I and gives practical applications to daily lives.

Topics:

- Review and discuss main concepts from part I
- Develop problem-solving skills using the communication techniques
- Practical application of concepts and techniques
- Indepth focus on communication techniques

YOUR CHILD'S SELF ESTEEM (ages 3 - 12)

Review the origin and development of self worth in individuals within the family. Techniques and skills for fostering positive self-esteem will be presented.

Topics:

- How does self-image develop?
- Affirming ourselves and others
- Skills and techniques for building children's self-esteem

SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING OF TEENS (S.T.E.P./TEENS)

Recognize the reasons for teen misbehavior and learn appropriate parental response. Become informed on teens' responsibility, discipline, and communication skills.

Topics:

- Reasons for teen misbehavior and problems
- Communication techniques for kids and parents
- Handling emotions
- Encouraging responsibility
- Discipline appropriate to teens

WOMEN'S SELF-ESTEEM

Provides an overview of the issues that promote or inhibit positive self-esteem for women.

Topics:

- Who am I - origins of self-esteem
- Independence/dependence issues
- Recognizing my assets/weaknesses
- Self-actualization-assertiveness, power, risk-taking
- Techniques and skills for increasing self-esteem

MOTIVATING YOUR KIDS: HOW TO TURN THEM ON (ages 6 - 18)

Explore various motivational techniques by recognizing childrens talents and potentials, plus learn how to encourage instead of discourage your child.

Topics:

- Determine various learning styles and methods of instruction most appropriate for each
- Describe the role of humor in the learning process
- Implement various methods of increasing creative thinking
- Demonstrate the use of activities in a learning situation
- Apply success-inducing methods to own classroom
- Have a greater appreciation for the student-teacher partnership in learning

PREPARING FOR ADOLESCENCE (ages 11 - 13)

Examine the issues and facts of adolescence in comparison with your own memories. Learn communication and discipline skills useful in the gradual "letting go" of your children.

Topics:

- Issues in development
- Self esteem and motivation
- Communication and conflict
- Discipline
- Needs of parents

ENJOYING SINGLE PARENTING

Enhances parenthood for the single parent, who by choice or by chance can adapt to the challenge of going it alone.

Topics:

- Finding out you are not alone
- Overcoming loneliness, enjoying aloneness?
- Practical aspects, daycare, cutting expenses, controlling chores?
- Feeling fine, free, healthy, alive and well
- Support from friends, groups, organizations, relatives and significant others

WIFE, MOTHER OR ME?

Enhances the lives of mothers of young children through: improved self-concept, creating more self-time, setting and attaining goals, and exploring strengths through inner resources.

Topics:

- What's important?
- Time for everyone (including me)
- Looking good and feeling good
- Getting organized
- Saying what I mean
- Budgeting-time, money, self

HOW DO I GO ON? Loss, Grief & Living

Develop understanding of the grief process, prepare for the reactions of others to the death of your loved one, take stock and rebuild life without that person you loved.

Topics:

- What feelings to expect after the death
- How long will I feel like this
- Dealing with reactions of friends to the loss
- Rebuilding a new life

PARENTING IN REMARRIAGE

Assists step parents in blending a new family unit and resolving discipline differences.

Topics:

- Blending old ways with new
- No-lose conflict resolutions
- The family meeting
- Dealing with feelings

PARENTING IN REMARRIAGE - II

Continues to assist step parents in applying the techniques suggested in part I to blend their new families and develop effective ways to discipline.

Topics: (DAY 1)

- Stages of loss
- Dealing with the ex-spouse
- Dealing with the "difficult" child: in a step family games kids play - why and how to handle it
- The step-sibling relationship
- Money - who pays for what?

(DAY 2)

For children living in step families - The children of the parents who attend Day 1.

- Stages of loss
- Myths affecting the step family
- Expectations of family members/roles
- Your role in creating a happy family atmosphere
- Coping mechanisms, positive vs. negative

SUICIDE: CHILDREN AND TEENS IN CRISES (ages 6 - 18)

Examine the systems designed to prevent and intervene in the phenomenon of suicide in children.
(First of a series of three classes.)

Topics:

- Awareness-myths, statistics, children's needs
- Alertness-social, environmental and psychological factors
- Action-responding to persons in crisis, community resources
- Prevention models

CHILD ABUSE, NEGLECT AND PROTECTION

Become knowledgeable in signs, symptoms and patterns of child abuse and neglect; prevention strategies; and child advocacy in the legal system and community.

Topics:

- Historical overview
- W.A.R. (The World of Abnormal Rearing)
- Signs and symptoms of abuse, neglect and violence
- Legal aspects
- Intervention and treatment - case studies

BALANCING WORK & FAMILY

Increases the competency and sense of well-being of working parents by providing information to improve their skills in meeting personal needs and demands of employers.

Topics:

- Exploring work-family issues
  - Overview of work-family lifestyle
  - Framework for parenting and working
- Managing the work-family lifestyle
  - Examining and managing work-family rules
  - Managing stress
  - Time and energy management
  - Creative planning, problem solving and decision-making

YOU AND YOUR AGING PARENT

Increase your awareness of the physical, psychological, and social implications of aging. Adult children and professionals learn to anticipate and deal realistically with the problems of aging parents and clients.

Topics:

- Psychological aspects of aging
- Chronic illness and behavioral changes
- Sensory deprivation and communication
- Decision making & alternative living situations
- Community resources
- Dealing with feelings

ACTIVE PARENTING: RAISING A RESPONSIBLE CHILD (all ages)

Increase your awareness of effective parent-child communication, problem solving skills, and methods of achieving enhanced family relationships.

Topics:

- Understanding your child's behavior
- Language of acceptance
- Encouraging or discouraging our children
- Learning from consequences
- Communication skills that win cooperation

PARENT BURNOUT

Learn to cope with parent burnout; explore strategies for coping with the physical, mental and emotional stress of parenting.

Topics:

- What is parent burnout?
- Anger-slow burn, fireworks or fizzle?
- Realistic expectations
- Coping strategies
- Rekindling satisfactions as a parent

TEACHING YOUR CHILD TO SOLVE HIS OWN PROBLEMS (ages 6 - 12)

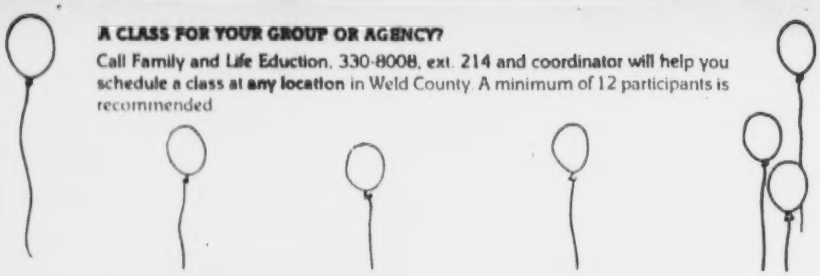
Recognize the when, where, why and how of helping kids to solve their own problems.

Topics:

- Problem-solving styles in family and society
- How problems grow into conflict
- Dealing with peer pressure
- When to step in or to let go
- Dealing with the rebellious child and the overly compliant child

A CLASS FOR YOUR GROUP OR AGENCY?

Call Family and Life Eduction, 330-8008, ext. 214 and coordinator will help you schedule a class at **any location** in Weld County. A minimum of 12 participants is recommended.



Active Families Classes Offer . . .

- Practical Information
- Alternatives
- Discussion of your ideas and questions
- Classes at various community locations
- Continuing Education for Professionals** - teachers, nurses, social workers, and others

** Aims Community College is an accredited institution of higher learning by the North Central Accrediting Association, and as such, is an approved provider of continuing education credits for nurses and other professionals.

FEES

$15/Individual In-District
$25/Individual Out-of-District
Fees are payable one week before starting date of class.

FINANCIAL AID

Fees are waived for those who qualify. Financial assistance is available according to financial guidelines through the Financial Aid Office, Aims Community College. Call 339-2214 for more information.

Fee waivers are available for those who are 60 years of age and above.

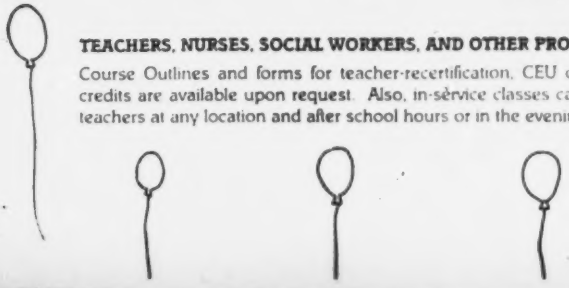
REGISTRATION

Deadline for registration is one week before starting date of class. Forms will be sent upon request.

QUESTIONS, PROBLEMS OR INFORMATION:

Contact the Behavioral and Social Science Division, Aims Community College **330-8008, extension 214**
P.O. Box 69
Greeley, Colorado 80632

CALL 330-8008, EXT. 214 FOR FORMS OR INFORMATION

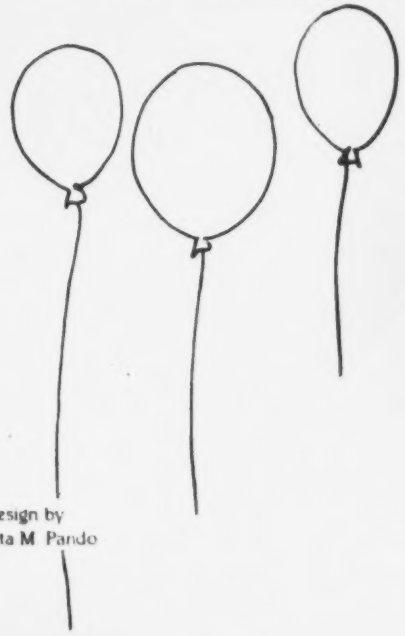


TEACHERS, NURSES, SOCIAL WORKERS, AND OTHER PROFESSIONALS

Course Outlines and forms for teacher-recertification, CEU credit, and special credits are available upon request. Also, in-service classes can be arranged for teachers at any location and after school hours or in the evening.

ACTIVE FAMILIES INSTRUCTORS

Bonnie Armstrong, M.A., Adult Educator
Gayle Bohrer, B.S.N., Parent Educator
Mellie Brand, M.A., Director
Roger DeWitt, M.A., Parent Educator
Sally Eastwood, M.A., Coordinator
Barbara Files, M.A., Family Therapist
Nancy Gray, M.A., Sociologist
Mike Hoover, Ed.D., School Psychologist
Larry Kerrigan, Ph.D., Psychologist
Barbara Kiser, M.S.W., Parent Educator
Rebecca McMahan, B.S.N., Childhood Educator
Roberta Menefee, M.A., Adult Educator
Linda O'Shea, M.A., Family Therapist
Rene Oya-Bergstrum, M.A., Parent Educator
Thora Pabst, M.A., Teacher and Parent Educator
Marilyn Phelps, M.A., Family Therapist
Sandra Raisley, M.A., Family Therapist
JoAnn Ray, M.A., Parent Educator
Suzy Ruof, M.A., School Psychologist
Hannah Staub, M.A., Family Therapist
Judy Turner, B.S., Nursing Resources Coordinator
Karen Updegrove, M.S.W., Step-parent Educator
Judy VanEgdom, M.A., Parent Educator
Susan Wanner, M.A., Gerontologist



Design by
Rita M. Pando

Kids and Families Are Our Specialty!

ACTIVE FAMILIES' CLASSES FOR PARENTS

Family and Life Education
Co-sponsored by
Aims Community College
and
North Colorado Medical Center
Greeley, Colorado

PROFESSIONAL DEVELOPMENT CLASSES

MOTIVATING YOUR STUDENTS (School age)

Explore various motivational techniques for use in the classroom.
1 credit - 10 contact hours - Three Thursdays - February 5, 12, & 19
6:00-9:00 p.m. Aims Community College, Westview Building, Room 685.

TOPICS:
- Determine various learning styles and methods of instruction most appropriate for each.
- Describe the role of humor in the learning process.
- Implement various methods of increasing creative thinking.
- Demonstrate the use of activities in a learning situation.
- Apply success-inducing methods to own classroom.
- Have a greater appreciation for the student-teacher partnership in learning.

INSTRUCTOR: Thora Pabst, M.A., gifted and talented teacher

YOUR CHILD'S SELF-ESTEEM (Ages 3-12 years)

Provides an overview of the origin and development of self-worth. Different teaching styles will be explored to determine the impact on a child's self-concept.
1 credit - 10 contact hours - Four Tuesdays - February 3, 10, 17, & 24
7:00-9:15 p.m. UNC Lab School

TOPICS:
- Origin of self-esteem.
- Affirmation of self and others.
- Skills and techniques for building the child's self-esteem.

INSTRUCTOR: Mellie Brand, M.A., Director of Family & Life Education and parent educator

TURNING POINTS: TEEN ALCOHOL & DRUG USE

(First in a series of three classes on teens)

Increase your awareness of teenage drinking patterns, and explore the role of families and community resources.
1 credit - 10 contact hours - Four Tuesdays - February 17-March 10
7:00-9:15 p.m. Greeley West High School

TOPICS:
- Why teenagers drink.
- How to recognize a teenage alcohol abuser.
- Family "rules" and roles that help or hinder.
- Treatment alternatives: hope for change.

INSTRUCTOR: Linda O'Shea, M.A., family therapist

Attention teachers: With the passage of the Teacher Certification Act, **prior approval** of community college credit is **no longer** required. The bill specifies the credit may be used if:
- it maintains or improves skills in employment
- is in the area of teacher's assignments
- is in a program related to identifying, reporting, and assisting children believed to be victims of child abuse.

Contact your district office for information on credit for these classes. These classes are designed for both elementary and high school teachers. Course outlines and forms for state recertification will be available through your principal or district office.

Attention nurses: Class credit can be applied toward the mandatory continuing education for relicensure of R.N.'s and LPN's because Aims Community College is an accredited institution. Grade slips are used as certificates.

FEES: $15/Individual In-District $25/Individual Out-of-District
Fee waivers available for those qualifying. Fees are payable by one week before starting date of class.
Registration forms will be sent upon request.

Call 330-8008 Ext. 214 for forms or information.

PLEASE CALL 330-8008 EXT. 214 TO PREREGISTER

Family & Life Education Program
co-sponsored by
Aims Community College
and
North Colorado Medical Center
Greeley, Colorado

Aims Community College is an accredited institution of higher learning by the North Central Accrediting Association and as such, is an approved provider of continuing education credits for nurses and other professionals.

Aims Community College

Aims Community College
5401 W. 20th Street
P.O. Box 69
Greeley, CO 80632

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PROFESSIONAL DEVELOPMENT CLASSES

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Junior Colleges
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OFFICE OF EDUCATIONAL RESEARCH AND IMPROVEMENT (OERI)

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